



## Memorandum

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#14-094

**TO:** WIC Regional Directors  
WIC Local Agency Directors

**FROM:** Lindsay Rodgers, Manager  
Nutrition Services Section

**DATE:** August 13, 2014

**SUBJECT:** New Lesson *CCNE: Make the Switch to 1% or Fat Free Milk* (GN-000-29)

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As of **August 13, 2014**, *CCNE: Make the Switch to 1% or Fat Free Milk* (GN-000-29) will replace *Make the Move to Low-Fat Milk* (GN-000-21). GN-000-21 will be deleted from the WIC website, TXWIN, and the online Nutrition Education and Breastfeeding (NEBF) Plan class list. This new lesson:

- Uses group discussion and emotion-based visual aids to teach participants about the health benefits of switching to 1% and fat free milk.
- Can be downloaded from the WIC website at <http://www.dshs.state.tx.us/wichd/nut/gnlessons-nut.shtm>.

If you would like to add this new lesson to your current *Nutrition Education Class Schedule*, please make the change(s) to your online *Nutrition Education Plan* or contact your State Nutrition Education Liaison for additional information.

Once you are comfortable teaching a new lesson, please complete the *Staff New Lesson Evaluation Survey* online at <http://www.surveymonkey.com/s/CSBZ28K>. Please also have thirty clients per Local Agency complete the *Client New Lesson Evaluation Survey* (Scantron form) during the evaluation period indicated on the lesson plans. Once the evaluation period ends or when your agency has collected thirty surveys, no more surveys are needed. Your evaluations are very important for the State Agency to continuously improve our lessons.

If you have any questions or require additional information, please contact Kelley Reed at 512-341-4580, [kelly.reed@dshs.state.tx.us](mailto:kelly.reed@dshs.state.tx.us).